

2016 Recipe Challenge Finalist Mom's Mac 'n Cheese

Protein 17a

Vitamin A 25%

Calcium 70%

Ingredients:

1 box Whole grain pasta

4 tablespoons Butter
½ teaspoon Salt
¼ teaspoon Pepper
2 cups 1% milk

16 slices American Cheese (1 package)

1 head Broccoli, chopped

¼ cup Flour

Instructions:

- 1. Bring a pot of water to boil. Add pasta and cook 7-8 minutes. Strain pasta and set aside.
- Steam broccoli by adding 1 inch of water to a pot and bring to boil. Add broccoli and cook until tender. Drain and set aside
- 3. Melt butter in sauce pan. Add salt and pepper.
- 4. Remove from heat, add flour, and mix well.
- 5. Add the milk and return pan to heat.
- 6. Continue to stir. The mixture will thicken.
- 7. Add the cheese and stir until melted.
- 8. Mix the cooked broccoli with the cheese sauce, then add the cooked pasta, and serve.

Nutrition Facts Serving Size 1.5 cups (225 g) Servings Per Container 8 **Amount Per Serving** Calories 380 Calories from Fat 220 % Daily Value* **Total Fat 24g** 37% Saturated Fat 14g 71% Trans Fat 1g Cholesterol 75mg 25% Sodium 1170mg 49% Total Carbohydrate 26g 9% Dietary Fiber 3g 11% Sugars 6g

* Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: Nutritional values are an estimate utilizing the NutritionistPro software. Cost is estimated based on current food costs.

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Vitamin C 60%

Iron 8%